

**Cape May County Department  
of Aging and Disability Services**  
Located inside the Social Service Building  
4005 Rt. 9 South, Rio Grande, NJ 08242  
609-886-2784

**2016 PROGRAMS & SERVICES GUIDE**



**How may we help you?**

## ***Welcome to the Department of Aging and Disability Services. We're here for you!***

Inside you will find a list and short description of the programs and services we offer our senior residents in Cape May County. For a comprehensive description, or for more information about any of the programs listed, please stop by the office and speak to one of our knowledgeable counselors.

The Mission of the Cape May County Department of Aging and Disability Services is to promote the well-being and inclusion of older persons and those adults with disabilities in Cape May County, by providing information and education, and developing and advocating for services that assist these citizens to maintain independence and quality of life and make informed choices about their long-term care needs.

### **Our Main Activities/Programs include:**

- Congregate Nutrition – Lunch served daily at our 4 senior centers
- Information and Assistance
- Meals on Wheels
- Four active senior centers

### **We also help with:**

- Jersey Assistance for Community Caregiving (JACC Program)
- Managed Long Term Services & Supports (MLTSS)

## **It's not just lunch!**

**Join us at one of our 4 senior centers**

**Lower Cape Senior Center—886-5161**  
2612 Bayshore Rd, Villas, NJ 08251

**North Wildwood Senior Center—522-7611**  
900 Central Avenue, North Wildwood, NJ 08260

**Upper Township Senior & Wellness Center—390-9409**  
1369 Stagecoach Road, Palermo, NJ 08230

**Howard S. Stainton Ocean City Senior Center –399-0055**  
1735 Simpson Avenue, Ocean City, NJ 08226

**NEED A RIDE TO ONE OF OUR SENIOR CENTERS?**  
**CALL FARE FREE TRANSPORTATION AT 609-889-3700**

### **Some of the Activities & programs offered:**

- Line Dancing
- Bingo
- Zumba Gold
- Craft & Jewelry making classes
- Nutrition & Health programs
- Tai Chi
- Ceramics classes
- Health Fairs
- Mah-Jongg
- Card Games
- Billiards
- And much more...



## **DIRECT SERVICES**

### **INFORMATION & ASSISTANCE: (I & A)**

Our counselors provide a broad range of information & assistance and link individuals to the services and opportunities that are available within the community. Many services are offered regardless of income.

They also provide:

- State Health Insurance Assistance Program (S.H.I.P ) counseling
- Help with Pharmaceutical Assistance to the Aged and Disabled (PAAD) applications
- Help with Senior Gold
- Help with Specified low-income Medicare Beneficiary (SLMB) applications
- Home energy assistance
- Lifeline application assistance
- MLTSS screens for community services assistance.
- Options Counseling
- Service Coordination
- Outreach and education

### **CONGREGATE NUTRITION:**

#### **(Meals served at the Senior Centers)**

Provide meals to older persons at the senior centers.

*(Service provider: CMC Department of Aging & Disability Services)*

### **HOME DELIVERED MEALS: (Meals on Wheels)**

Provide meals to older persons in their homes. We also provide meals on weekends and holidays to our most frail clients.

*(Service provider: CMC Dept. of Aging)*

## **SUBCONTRACTED SERVICES**

### **SUPPORT GROUP:**

A group that meets on a regular basis, formed to help relieve caregiver stress and to provide peer support, education, and information to caregivers, both elderly and non-elderly, of older persons

*(Service provider: Cape Assist)*

### **GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP: (Grandparents raising grandchildren)**

A group that meets on a regular basis, formed to help relieve caregiver stress and to provide peer support, education, and information to a grandparent or older individual 55 years of age or older who is a relative caregiver of an individual not more than 18 years of age or who is an individual with a disability. *(Service provider: Rutgers Cooperative Extension Center)*

### **ORAL HEALTH/FREE DENTAL CARE:**

Screening, assessment and treatment activities that assist older persons to improve or maintain oral health by helping them to identify and understand their oral health needs and secure necessary medical, disease prevention and health maintenance services.

*(Service provider: Cape May County Health Department)*

### **MEDICATION MANAGEMENT/VISITING NURSE:**

Screening, assessment, and treatment activities that assist older persons to improve or maintain physical health by helping them to identify and understand their health needs and secure necessary medical, disease prevention or health maintenance services.

*(Service provider: Cape May County Health Department)*

### **EMERGENCY ASSISTANCE:**

Services designed to provide assistance to an older person and caregiver in those situations where an emergency exists and it is not possible to obtain immediate aid through existing social service agencies.

*(Service provider: Cape May County Department of Social Services)*

### **CERTIFIED HOME HEALTH AIDE:**

General support by certified and professionally supervised home health aides to maintain, strengthen, and safeguard the functioning of older individuals and families in their own homes during periods of illness or severe instability.

*(Service provider: Cape May County Department of Social Services)*

**RESIDENTIAL MAINTENANCE/SAFE HOUSING:**

Intermittent household repairs to eligible older persons whose health and safety are threatened because they cannot perform these services by themselves and/or are at risk of institutional placement.

*(Service provider: Cape May County Department of Social Services)*

**ADULT PROTECTIVE SERVICE:**

Voluntary or court-ordered social, legal, financial, medical or psychiatric service necessary to safeguard a vulnerable adult's rights and resources and to protect a vulnerable adult from abuse, neglect or exploitation as carried out by the designated APS provider.

Vulnerable adults are defined as those 18+ who reside in a community setting, lack sufficient understanding or capacity to make and/or carry out decisions concerning their well-being due to mental or physical disabilities AND are subject to abuse, neglect or exploitation.

*(Service provider: Cape May County Department of Social Services)*

**HOUSEKEEPING:**

Routine basic upkeep and management of homes, for the purpose of enabling older persons to maintain themselves in their place of residence by removing housekeeping barriers.

*(Service provider: Cape May County Department of Social Services)*

**HURRICANE SANDY DISASTER ASSISTANCE:**

Information and Assistance to those 60 and older or disabled whose homes have been affected by Hurricane Sandy.

*(Taking applications until June 2017)*

*(Service provider: Cape May County Department of Social Services)*

**JERSEY ASSISTANCE FOR COMMUNITY CAREGIVING:**

JACC is a state program that offers assistance to individuals requiring care that currently have a caregiver. Assistance includes care management and also includes Home Health Aide, Adult Medical Day Care, Medical Supplies, Respite Care, etc. JACC has clinical and financial eligibility criteria.

*(Service provider: Cape May County Dept. of Aging & Disability Services)*

**CAREGIVER MENTAL HEALTH COUNSELING:**

Provide individual mental health counseling to help the caregiver with the normal anger, frustration, guilt, isolation and depression that many individuals experience as caregivers.

*(Service provider: South Jersey Geriatrics)*

**CAREGIVER IN HOME EDUCATION/SUPPORT:**

Provide individual education and support to unpaid caregivers at home so that they can improve their ability and effectiveness as caregivers and prolong their ability to provide care for an elderly individual or an individual who is less than 60 and has a diagnosis of early onset dementia. *(Service provider: Bayada)*

**LEGAL ASSISTANCE:**

Legal advice, assistance, and/or representation provided by or under the supervision of a lawyer, in order to protect and secure the rights of older persons. *(Service provider: South Jersey Legal Services)*

**ADULT DAY SERVICES MEDICAL:**

A structured program for adults who require care and supervision in a protective setting for a portion of a 24 hour day, with emphasis on the physically or cognitively impaired older adults.

*(Service provider: Cape May County Department of Social Services)*

**RESPITE SERVICES:**

Short term or intermittent care, provided to older persons and their caregivers either in their homes or in other appropriate facilities, because of the absence or the need for relief of those persons normally providing care.

*(Service provider: Cape May County Department of Social Services)*

**VISIT OUR WEBSITE AT  
[WWW.CAPEMAYCOUNTYNJ.GOV/200](http://WWW.CAPEMAYCOUNTYNJ.GOV/200)**

# S.H.I.P(2016)

The State Health Insurance Assistance Program (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living. Medicare beneficiaries frequently have questions about benefits, claims and supplement policies (known as Medigaps).

- **SENIOR GOLD:** Assists with the cost of one's co-pays at the pharmacy. Senior Gold is an income eligible program but does not look at assets. There is a higher income eligibility than PAAD - \$36,575 (Single) & \$42,582 (Married).

**October 15th-December 7th.**

**Medicare open enrollment period—**

Medicare beneficiaries are encouraged to come in and see a counselor to review their coverage and/or change their Medicare health or prescription drug coverage for 2017.



# MIPPA (2016)

(The Medicare Improvements & Providers Act)

**MIPPA-SHIP Counselors assist low-income Medicare Beneficiaries to apply for programs that make Medicare more affordable.**

- **PHARMACEUTICAL ASSISTANCE FOR THE AGED AND DISABLED (PAAD):**

Assists with the cost of one's monthly drug premium & co-pays for medication.

PAAD is an income eligible program but does not look at assets. \$26,575 (Single) \$32,582 (Married)

- **LIS/EXTRA HELP:**

Medicare beneficiaries with limited resources and income may also be able to get extra help with monthly premiums, annual deductibles, and prescription co-payments – related to a Medicare prescription drug plan.

\$17,655 for an individual \$23,895 for a married couple living together.

Combined savings, investments, and real estate are not worth more than \$27,250, if you are married.

\$13,640 if you are not currently married or not living with your spouse.

- **SPECIFIED LOW-INCOME MEDICARE BENEFICIARY PROGRAM (SLMB):**

Assists with paying one's Medicare Part B premium.

This program has an income eligibility and is asset based.

**SLMB** - \$15,890 for single applicants

\$21,506 combined income for married applicants

- Liquid assets may not exceed \$7,280 for single persons or \$10,930 for married couples.

## **Dates and Events to remember for 2016!**

**June 8, 2016**      Senior Art Show  
Cape May County Admin Building

### **Department of Aging and Disability Services Area Plan Grant Public Hearings.**

**June 9, 2016**      Lower Township Senior Center 10am  
**June 14, 2016**      North Wildwood Senior Center 10am  
**June 21, 2016**      Ocean City Senior Center 10am  
**June 22, 2016**      Upper township Senior Center 10am

**Nov. 5, 2016**      Disability Awareness Day  
Avalon Community Center

### **October 15th-December 7th.**

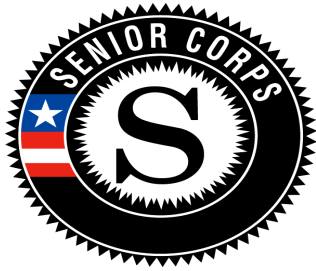
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For more information and other links other services and assistance please visit our website at:

**[www.capemaycountynj.gov/200](http://www.capemaycountynj.gov/200)**



# RSVP

## **Retired Senior Volunteer Program**

Put your experience to work! RSVP shows you how you can apply the skills and wisdom you've acquired throughout your life to make a positive difference in the lives of others.

Some of the volunteer opportunities include:

- Meals on Wheels delivery
- Mentoring pre-school children
- Preparing tax forms
- Working with frail and elderly
- Coaching health education programs
- Disaster response and recovery
- And much, much more...

You choose how and where you want to serve, how much time you want to give and whether you want to share skills you have or develop new ones.

**Call 609-886-3400 for additional information.**

